



RED CARD GAMBLING SUPPORT PROJECT

Knowledge + Awareness + Prevention = Success !!

RED CARD TOP 10 TIPS FOR SAFE GAMBLING:

1. Gamble for fun not for financial gain
2. If you gamble set yourself a limit and stick to it!
3. Always remember gambling can become addictive
4. Understand the risks before you gamble
5. Never borrow to gamble
6. Never chase losses
7. Never gamble to solve your financial or emotional problems
8. Be aware of the warning signs of gambling addiction
9. If you have a problem do not be afraid to ask for help.
10. Gambling ruins lives so treat it with RESPECT!!!

Red Card: A Bet You Can Win

Red Card Gambling Support Project Ltd, 24 Millbrook Road, London, N9 7HX

Director - Tony Kelly 07444512184, Project Manager –Chris Avery 07702206819

Email: redcard.org.uk@gmail.com Website: <http://www.kellysredcardconsultancy.co.uk/>

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